Lincoln Lancaster Women Commissi

Commission Quarterly

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WINTER ISSUE

Leading the Way: Women in Leadership

By Jeannine Falter, LLWC Commissioner

So much has been written about leadership, yet the definition of a leader continues to be explored and re-defined. My favorite definition centers around the ability to help others be the most they can be. Some call this 'transformational' or 'servant' leadership. At the heart of all this dialogue about leadership is the need for positive, meaningful relationships with others so we can work together to create a world that works for all.

Stephen Covey believes that truly great leaders in the world today are able to maximize the talent, intelligence, capability and creativity of others. To do so requires a leader who has "found her/his voice" and helps others find theirs by recognizing and appreciating everyone's contributions.

I think that many women lead from this perspective.

Earlier this year *Fast Company* magazine printed an article titled "Where are the Women?" It addressed there are not as many women in top level positions today as one would expect. There are numerous reasons why this is not the case, but none of them are conclusive. There is evidence that women *choose* to be leaders in different ways than men do . . . ways that do not necessarily include the

traditional path to a CEO title.

Warren Farrell, author of *The Myth of Male Power* (Simon & Schuster, 1993),

suggests that the fact that few women make it to the very top is a measure of women's power, not powerlessness. "When a woman gets near the top, she starts asking herself the most intelligent questions," Farrell maintains. Women discuss the need for work/life balance more than men do and are motivated in different ways than men. It may appear that women are less willing to compete in

the workplace—not because they don't think they can win—rather because it is less important to them to do so. Farrell suggests that women seek respect in a variety of different ways and have fewer ego needs than male colleagues, so they are more likely to weigh the trade-offs and opt for saner lives.

Most women would agree that having a life is more important than having a title or the "top" position, and that "having it all" in a traditional sense is exhausting, if not impossible. While many women may not choose to play the traditional CEO game, they do want to contribute and

make the most of their leadership skills and talent. So women are changing business to fit their priorities and their

view of the world through entrepreneurship.

Two out of every three new businesses are started by women. Women-owned firms employ 19 million people nationwide (about one in seven of all U.S. workers), and these firms are growing at twice the rate of all other companies. Women may soon outnumber men as America's most prolific entrepreneurs. Women are changing the game.

The new approach to business requires playing by new rules, embracing new thinking, and seeking new solutions. Acquiring new life skills for business and business skills for life is an ongoing theme of the new game. Rajiv Dutta, an American Indian woman who is eBay's CFO stated, "To have power, you must be willing to not have any of it." This isn't double-talk. It is one of the new rules. A leader in the new game has a circle of influence that is greater than their circle of power. As the definition of leadership continues to be rewritten—women are leading the way.



Jeannine Falter, Commissioner

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Women's Commission Selects 2005 Honorees

If Leola Bullock's life's work could be summarized into a verb, it would be "to change."

She has accomplished what most people dream of doing. She has worked hard to improve race relations and inclusiveness for both women and persons of color. She came to Lincoln as a 21-year-old bride, and 50 years later, the fruits of her volunteer work and lifetime of activism has changed the social and cultural boundaries for women, men and children.

Sen. DiAnna Schimek summed it up nicely when she wrote, "There probably is not a person in this state who has been involved as long or as consistently as Leola Bullock in working for an inclusive society. From her actions in the early 50's when she helped desegregate lunch counters in eating establishments in downtown Lincoln, to the 60's when she worked for the hiring of blacks in department stores, to the founding of the Association of Black Citizens in the 70's, she has been at the forefront of promoting equality for all."

On Friday, March 11, 2005, the Lincoln-Lancaster Women's Commission will honor Leola Bullock with the presentation of its highest award at its 29th annual event, "Weaving Women's Voices."

Held in observation of International Women's Day, the luncheon and awards program, beginning at 11:30 a.m., will also honor UNL English Professor Dr. Joy Ritchie and Sen. David Landis for their outstanding dedication, work and advocacy in promoting the advancement of women during their professional and personal endeavors.

The keynote speaker will be Rose Kemp, Region VII administrator for the U.S. Department of Labor Women's Bureau in Kansas City, Mo. The event will be held downstairs in the Lancaster Ballroom at the Cornhusker Hotel, 333 S. 13th St., Lincoln, Neb. Lunch tickets are \$23. Please contact the LLWC office, 441-7716, if you are interested in purchasing a ticket. Deadline for reservations is Friday, March 4, 2005.

In Celebration of International Women's Day, You're Invited to ...

Meaving Momen's Voices

2005 Award Winners

Ms. Leola Bullock

Alice Paul Award

Sen. David Landis

Erasmus Correll Award

Dr. Joy RitchieWoman Artist - Written Word

<u>Friday,</u> <u>March 11, 2005</u> 11:00 a.m. Social

11:30 a.m. Luncheon

The Cornhusker Hotel 333 S. 13th Street Lincoln, NE 68508 Doors Open 11 a.m.



Keynote Speaker

Ms. Rose J. Kemp U.S. Department of Labor -Women's Bureau, Region VII, Kansas City, MO

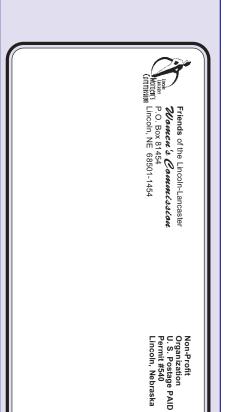
Tickets \$23
RSVP Deadline:
March 4, 2005
CALL FOR YOUR RSVP TODAY!

Event Sponsors

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Lincoln-Lancaster Women's Commission 440 S. 8th St., Ste. 100 (440) 441-7716 Fax: 441-6824 Ilwc@lincoln.ne.gov





Commission News



February is

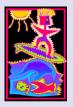
Black History Month



Ella Baker 1903-1986

Ella was a key figure in the development of three major civil rights organizations. As such, she embodies the seemingly contradictory term "behind-the-scenes leader" that characterizes the contributions of many women, crucial and unsung, to history, especially to the modern African American civil rights movements.

Raised in Littleton, NC, she graduated from Shaw University with hopes to pursue a career in medicine or sociology. As the nation slid into depression and she lacked funds for graduate studies, she decided to move to New York in 1927 to blend with Harlem's other black intellectuals and artists. Working for Negro National News, she teamed up with another journalist and founded the Young Negroes' Cooperative League, which maximized black clout through local buying power. She became an expert in consumer affairs. Her early years spent working on the NAACP board boosted her civil rights knowledge and activism of the 60's.



SURFING THE WEB AGAIN? CLICK HERE!

www.lincoln.ne.gov/city/mayor/women/

WHAT CAN YOU FIND ON THE LLWC WEB SITE? ... LOTS!

Annual reports, special reports, Women's Leadership Recruitment Program, Advisory Board membership, Friends, Women's Alliance Directory, Womenin Education grant information, statistics, resources & contact information, news releases, past newsletters, and much, much more!

Go Red For Women

Nebraska women are concerned about their health.

In fact, health care was rated as the number one concern in a study conducted by the Lincoln-Lancaster Women's Commission in 2003. In response to community concerns, the commission established a Health Care committee to focus on issues important to women such as cardiovascular disease - the number



one killer across the nation. Working in conjunction with the American Heart Association and other agencies, the Lincoln-Lancaster Women's Commission will cosponsor the "Go Red For Women" luncheon set for Saturday, February 12, 2005 at the Cornhusker Hotel, 333. S. 13th St., Lincoln, NE. Contact LLWC for tickets at 441-7716.

Registration opens at 10 a.m. with a showcase and vendor fair. A prescription for "Good Health" dealing with the mind, body and spirit workshops begin at 11 a.m., followed by a healthy heart luncheon at 12:30 p.m. Comedy Goddess Juli Burney goes live as keynote speaker at 1 p.m. The day ends with an auction, raffle and door prize drawings. Tickets are \$30 and reservation deadline is Wednesday, Feb. 9, 2005.

Guest Editorial

Life in Lincoln as a Lesbian

By Dr. Patricia Tetreault

Amazingly enough, life in Lincoln is pretty comfortable in a lot of ways. I think this is true for me and I would guess that this is relatively true for most lesbian and bisexual women in Lincoln – *as long as you don't mind life as a third class citizen.* While I cannot speak for all bisexual or lesbian women, I can provide my perspective of what life is like for an "out" lesbian living in Lincoln. As a lesbian-identified bisexual and a social justice advocate, I have agreed to do so. Being able to live a mostly comfortably life in a state that has amended its constitution to make sure that our reality and our relationships are treated as non-existent, I believe, is one of the paradoxes of life.

I feel that I am very blessed to have a good job, doing work that I know is meaningful and contributes to the well being of others. I have a nice home, a partner, two cats and a dog, some great colleagues and friends. My life looks very similar to the lives of many people in Lincoln, regardless of their sexual orientation (as heterosexual, gay, lesbian, or bisexual).

One <u>major</u> way that my life differs is the state constitution prohibits the recognition of my family. We also have the federal Defense of Marriage Act (DOMA) that allows states <u>not</u> to recognize otherwise legally recognized same sex relationships in other states. For example, a same sex couple with a legally recognized civil union (e.g., Vermont) or same sex marriage (e.g., Massachusetts, Canada, and the Netherlands) would not be recognized by other state governments. Bottom line, unlike heterosexual marriages, no other state or the federal government is required to acknowledge that my family exists. This has a tremendous impact socially as well as legally. Adrienne Rich (1986) does a great job of describing the psychological impact:

"... When someone with the authority of a teacher, [or minister] say, describes the World and you are not in it, there is a moment of psychic disequilibrium, as if you look into a mirror and saw nothing."

This is one of the realities of life in Lincoln and much of the United States as well – invisibility, silence, and stigma about one's existence. Taboo topics are often stigmatized. Even without including sexual orientation in regards to women, facts show that women (as a whole) are still second-class citizens in the USA. This is exemplified by our inability to pass the equal rights amendment, our average pay being 76 cents for every dollar that the average man makes, more responsibility for household and child care, and the list goes on

At the same time, we all have multiple identities. Some of our identities give us privilege and other aspects add to the challenges that we face in our daily lives and within society as a whole. Ethnic background, abilities, health status, age, sexual orientation, gender identity, and looks/appearance are some of the factors that impact our life experience. One of the factors that places lesbian and bisexual women as third class citizens is the fact that many people would rather not talk about these issues. They do not consider government prohibitions and support of discrimination regarding sexual orientation or gender identity relevant to their lives, or do not think that our civil liberties are all that important. There are reasons for this, which I hope to address in future editorials. Whatever the reasons, we all deserve to have our realities acknowledged, and to be treated respectfully and with equal rights under the law.

"Hopefully, we can learn from the 60s that we cannot afford to do our enemy's work by destroying each other." ~ Audre Lorde

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Your Commission at Work & Play!

Ever wonder what happens "behind the scenes" at the Women's Commission? Here's a small sampling of projects and programs LLWC has engaged in this quarter.

■ The recently taped WomenTalk television show, "Perspectives: American Indian Women", features Renee Geller, Nettie Sykita and Misty Thomas discussing their experiences of walking between two worlds.

The program airs for the months of December and January on 5 City TV. Copies and prices can be obtained in VHS or CVD from Citizen's Information Center, 441-7432.

- Tune in to My 106.3 FM radio to hear Bonnie Coffey's 7 a.m. update segment on Women's Commission activities, on the first and third Wednesdays of the month. My 106.3 attracts women listeners with easy going music and coverage on community events.
- The Council of Women Leaders' networking dinner is set for Tuesday, April 19, 2005. A small program will compliment the Council's dinner at the Holiday Inn Downtown. Free parking is available. Reservations are due to the Women's Commission office by Friday, April 15, 2005.
- LLWC Director Bonnie Coffey recently returned from the National Association of Commissions for Women (NCAW) board meeting held in Miami, Fla. The national group is in the process of implementing new strategic plans to increase the effectiveness of women's commissions nationwide and serving as "one voice".
- On the drawing table for 2005 are plans to implement a new nonpartisan workshop, aimed at recruiting and training women, on how to effectively run for public office at all levels in government.
- Go Red For Women is the name of the American Heart Association's awareness campaign to raise women's awareness that heart disease is the number one cause of death for women in our country not breast cancer, as commonly believe. LLWC is a cosponsor of February's event. See page four for related cardiovascular disease statistics and information!

"Power will not change the
nature of women; women will
change the nature of power,"
-- Sherron Watkins,
Enron whistleblower

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Council of Women Leaders Network at Ortner Center



Photo Courtesy of Diane Gonzolas

Success is spelled n-e-t-w-o-r-k-i-n-g for participants of the Council of Women Leaders sponsored by LLWC and Friends of LLWC. October's biannual gathering netted nearly 70 women from all walks of life to convene at Union College's Ortner Center for dinner and a brief "Women Vote" program. Mayor Coleen J. Seng shares her experiences of being a woman in politics for nearly two decades and why "the woman vote" is so important to local and national elections. The Council of Women Leaders is open to any woman in the community who serves in an administrative or management capacity, paid or volunteer.

LLWC President's Letter



Kathie Uhrmacher

Are we experiencing a crisis of confidence in the leadership of our country? With the media dissecting politicians' lives, unveiling scandals in the church and corruption of major companies' CEO's, we sometimes know more of our leaders' faults than their accomplishments. No more mysterious screen idols like Clark Gable or tough types like John Wayne. Today our actors' and actresses' lives are splashed on pages of magazines so often and in such detail, we may even wish for a little mystery once in awhile.

Gone are the days of hero worship. But is it really heroics that we want from our leaders?

If there's anything that 9/11 taught us, it's that everyday people are capable of incredible strength,

courage and resilience. During that week and the months that followed, the news was filled with stories of extraordinary actions carried out by ordinary people. We were all reminded that our "heroes" are seldom the cartoon super humans of our childhood, but rather those women and men who find themselves faced with difficult situations and do what they would previously have considered improbable, if not impossible. Is that leadership?

Thinking about this issue of the Quarterly, I decided that character, energy and purpose are the qualities that I most appreciate in the leaders of my profession and community associations wo have served as mentors, colleagues and friends.

By character, I mean integrity. Honesty. Trustworthiness, if there is such a word. Energy is what drives a leader to put heart and soul into a task and to work at it until it's completed. Energy is contagious.

Purpose or dedication gives direction to those who "follow."

Definition of goals and determination to accomplish those goals is purpose.

These are the qualities I value. I have been very fortunate in my career and as a member of various groups to work with outstanding people, many of them women, who are exemplary leaders. They serve by example and inspire others to do the same. What do you consider the characteristics most important for good leadership?

ANNOUNCEMENT

2005 Friends Membership Renewals Due

Since its inception in 1976, the Lincoln-Lancaster Women's Commission (LLWC) has demonstrated a commitment to eliminating social, economic and legal barriers to women and serving as a valuable resource to women. Founded in 1977, Friends of LLWC are "partners" and "supporters" who lend the necessary financial support to sponsor planned events, programs and activities that promote the betterment of women.

How do I become a Friend?

By sending in your contribution, a tax-deductible gift, you can help LLWC achieve its mission. For as little as five dollars (Supportive Friend) or as much as \$500 (Forever Friend/Lifetime), your donation to this 501(c)(3) organization will generate support for a wide network of women.

CLIP AND RETURN

We appreciate your time to join Friends! Thanks for renewing your membership! Please mail to:

Friends of LLWC, PO Box 81454, Lincoln, NE 68501-1454

NAME: AMOUNT: \$

ADDRESS: CITY/STATE/ZIP

WORK #: HOME #:

EMAIL:

When You Need A Friend, Just Call On Me!



Become a Friends member and support the Commission. Send your tax deductible donation to:

Friends of the Commission PO Box 81454 Lincoln NE 68501-1454

CALENDAR OF EVENTS

JANUARY 2005

- 12: Regular Commission meeting, 5:45 p.m., K St. Complex conference room.
- 18: WomenTalk taping, "Leading the Way: Women in Leadership."
- 17: OFFICE CLOSED for Martin Luther King Dav.

FEBRUARY 2005

BLACK HISTORY MONTH

- 9: Regular Commission meeting, 5:45 p.m., K St. Complex conference room.
- 12: Go Red For Women, awareness workshops & lunch, Cornhusker Hotel.
- 21: OFFICE CLOSED, President's Day

MARCH 2005

WOMEN'S HISTORY MONTH

- 4: Deadline to order tickets for the 29th annual event, \$23 per plate.
- 9: Regular Commission meeting, 5:45 p.m., K St. Complex conference room.
- 11: Annual awards luncheon program, Weaving Women's Voices, 11:30 a.m. The Cornhusker Hotel.
- 17: WomenTalk taping, "Perspectives:

July 2003

Summer Issue



Located within the city's "Interline" web site system, the Women's Alliance (LLWA) directory offers a wide variety of information on individual clubs and organizations, including the contact information. If your organization or agency would like to post information free of charge or update its current information, an application can be obtained from the web site's index page (www.ci.lincoln.ne.us/city/mayor/ women/llwa) or call 441-7716 and one will be snail-mailed to you. If you are looking for a way to become actively involved in the community, make new friends or strengthen networks, look in the listings for great connections!

This community service is sponsored by Friends of LLWC and the Lincoln-Lancaster Women's Commission.

Mission Statement



Working as a division of the Mayor's Office since 1976, the Lincoln-Lancaster Women's Commission works to assure that the women of Lincoln & Lancaster County have full participation in the issues that have an impact on their lives. The Commission advises City and County officials of social, economic and legal barriers that prevent women from choosing their roles in the family, the labor force and society in general, and working toward the elimination of those barriers. With 15 volunteers and a paid staff of three, the Commission continues to engage in activities designed to heighten community awareness in the areas of self-sufficiency, health care, safety, education and act as a clearinghouse of information for women in need.

Commission Quarterly Newsletter

The Lincoln-Lancaster Women's Commission (LLWC) is an Advisory Board created by elected officials to advise the Mayor, Lincoln City Council and Lancaster County Board on issues that impact women. Please address any correspondence to: Lincoln-Lancaster Women's Commission, 440 S. 8th St., Ste. 100, Lincoln NE 68508-2294 or call (402) 441-7717.

Editorial Policy:

The Commission Quarterly is a publication of Friends of the Lincoln-Lancaster Women's Commission. Publishing costs are paid by Friends. Materials appearing in this publication shall be in accordance with the purposes, goals and official positions of the Lincoln-Lancaster Women's Commission and Friends of the Women's Commission. The Commission Quarterly is published four times a year: January, April, July and October.

Criteria for Publication:

Submission by community groups and individuals are welcome. Deadlines are the first of the month preceding the month of publication. Articles are subject to editing, with the author's compliance. Specific opinions expressed are not necessarily the opinions held by LLWC employees, its Commissioners or Friends of the Women's Commission.

Advertising

Advertising is available in a business card sized ad and will be accepted as space is available on a first come, first serve basis. All ads should be camera ready and must be submitted one month before the publication date. For more information on advertising opportunities, call 441-7717.

Friends of the Commission

Friends of the Lincoln-Lancaster Women's Commission is a 501 (c)(3) organization that solicits funds for the commission's projects.

LLWC Staff

Diane Mullins, public information specialist, and Bonnie Coffey, director.

Friends Executive Board

Karen Dienstbier, president; Roberta Stick, vice president; Georgia Glass, treasurer; Nan Schweiger, secretary, Marcia Kushner, past president, and Nancy Intermill, director.

CQ Committee

Bonnie Coffey and Diane Mullins.

LLWC Commissioners

Jeri Brandt, Bridget Christensen, member-at-large; Meredith Decory, Jeannine Falter, Jennifer Gutierrez, vice-president; Nancy Intermill, Bethina Moore, Barbara Ramsey, member-at-large; Beth Rodacker, Connie Schmidt, Danja Siders, Tami Soper, and Kathleen Uhrmacher, president.





Women's History Project

2005 Theme "Women Change America"

The 2005, Women's History Month theme, "Women Change America," honors and recognizes the role of American women in transforming culture, history and politics as leaders, writers, scientists, educators, politicians, artists, historians, and informed citizens.

"Women Change America" also celebrates the myriad ways in which the spirit, courage, and contributions of American women have added to the vitality, richness, and diversity of American life. In 2005, all previous Women's History Week and Month Honorees will be recognized and celebrated as we explore how "Women Change America."

For more information on the 2005 event, visit the Women's History Project on the Web at: http://www.nwhp.org/

Contact Information

U.S. Senate

Hon. Charles T. Hagel 294 Federal Building 100 Centennial Mall North Lincoln NE 68508 (402) 476-1400

> Hon. Ben Nelson 287 Federal Building 100 Centennial Mall North Lincoln NE 68508

U. S. Congress (402) 441-4600

House of Representatives Hon. Jeff Fortenberry 301 S. 13th St., Suite 100 Lincoln NE 68508 (402) 438-1598

State of Nebraska
Clerk of the Legislature
(402) 471-2271

*Ask to speak to your district representative.

Commission Quarterly News PO Box 81454 Lincoln NE 68501 Tel: 402/441-7717 Fax: 402/441-6824 llwc@lincoln.ne.gov

Commission Quarterly

Business and the Working Woman

Nebraska's Report Card: Needs Improvement

The Institute for Women's Policy Research (IWPR), an independent, non-partisan research organization in Washington, DC, regularly rates individual states on a variety of consistent factors. "The Status of Women in the States 2004" has recently been released.

Focusing on Nebraska's participation as compared to overall national trends, it appears our report card "needs improvement."

Political Participation

Nebraska gets a C minus for the number of women participating in the political arenas, and ranks $25^{\rm th}$ in the nation on the Composite Index, with the following indicators:

- •Women in Elected Office 31st in U.S.
- •Percent of Women Registered to Vote (1998-2000) 71.9%, 13th in U.S.
- •Percent of Women Who Voted (1998-2000) 53.9%, 17th in U.S.
- •Number of Institutional Resources Available to Women 17th in U.S.

Employment and Earnings

Nebraska received a D plus for women's comparable worth in employment and wage index, and ranks 35^{th} in the nation on the Composite Index, with the following indicators:

- \bullet Median Annual Earnings Fulltime, Year-Round for Employed Women \$26,000, 41st in U.S. (Nebraska men's same median earnings is \$36,400.)
- $^{\bullet}\text{Earnings}$ Ratio between Fulltime, Year-Round Employed Women and Men 71.4%, 44^{th} in U.S.
 - •Percent of Women in the Labor Force 67.1%, 3rd in U.S
- Percent of Employed Women in Managerial or Professional Occupations 29.1%,
 49th in LLS

Social & Economic Autonomy

Nebraska gets a C in social and economic autonomy, and ranks 20^{th} in the nation on the Composite Index, with the following indicators:

- •Percent of Women with Health Insurance 88.4%, 8th in U.S.
- \bullet Percent of Women with four or more years of college 22.9%, 23rd in U.S. (24.7% of Nebraska men have four or more years of college.)
 - •Percent of Businesses that are Women-Owned 24.1%, 36th in U.S.
- •Percent of Women Living Above Poverty 89.9%, 15th in U.S. (92.2% of Nebraska men live above poverty.)

Health & Well-Being

In this category, Nebraska received a B minus, and ranked 10thth in the nation on the Composite Index, with the following indicators:

- •Heart Disease Mortality 16th in U.S.
- $\bullet Lung$ Cancer Mortality 11^{th} in U.S.
- $\bullet Breast\ Cancer\ Mortality-8^{th}$ in U.S.
- Incidence of Diabetes 11th in U.S.
 Incidence of Chlamydia 21st in U.S.
- •Incidence of AIDS 9th in U.S.
- •Poor Mental Health 5th in U.S.
- •Suicide Mortality 10th in U.S.
- •Limited Activities 38th in U.S.

IMPACT

By Kathie Uhrmacher

I joined the Lincoln-Lancaster Women's Commission because ...

"I wanted to be part of an advisory to city government that has a positive impact on our community."

I believe LLWC is important to Lincoln and Lancaster County because ...

"I enjoy working with a group of women with varied talents and interests in projects that benefit everyone in our city and county."

(With each publication of the Commission Quarterly newsletter, LLWC will spotlight a Commissioner 's responses on the above two questions.)

Welcome New Commissioners

Two new commissioners were approved by City Council and County Commission and appointed by Mayor Coleen J. Seng. Welcome Meredith Decory and Connie Schmidt.

Decory is retired from BN/Santa Fe Railways and Schmidt works as a financial management director at National Student Loan Program in Lincoln, NE.

Cardiovascular Disease Statistics

Be nice to your heart and reduce your risks with proper diet and exercise this winter. Here's a few facts published by the National Heart Association:

- Cardiovascular disease is America's number one killer of men and women since 1919.
- Cardiovascular disease kills nearly 931,110 Americans each year more than cancer, accidents and AIDS combined.
- Cardiovascular disease causes a death every 34 seconds or 2,600 deaths each day in the United States.
- Cardiovascular disease affects 36,000 babies born each year with heart defects (third leading fatal form of birth defect).
- Cardiovascular disease claims the lives of more American women than the next seven causes of death combined, including all forms of cancer.

HEART ATTACK FACTS

- Heart Attacks remain the single greatest killer of Americans, striking 1.2 million a year, or 42% of whom die.
- Twenty-five percent of men and 38 percent of women will die within one years after having a recognized heart

STROKE (BRAIN ATTACK)

- Stroke is the third leading killer and a leading cause of serious, long-term disability in the US.
- Someone in the US suffers a stroke every 45 seconds; every three minutes someone dies of one.

Each year, about 700,000 people experience a stroke. About 500,000 of these are first attacks, and 200,000 are recurrent attacks.

Subscription Information

Yes, we know, things do change. New address? Kids grow up? Landed a new job? Got a new friend? Whatever your reasons, the Women's Commission continues to be your reliable source of women's news on women's issues locally and nationally. Yes, life does goes on! And, we don't want to miss you! Be sure to keep us informed on your new contact information. If you have received this publication in error, please call 441-7717 to be removed from the list.



KUDOS NANCY INTERMILL

Congratulations to LLWC Commissioner, past president and Friends board member, **Nancy Intermill** for being selected as January 2005's County/City Volunteer of the Month. For the past four years, her dedication and volunteer efforts have been an assets in many programs and events sponsored by LLWC.

KUDOS to **Jennifer Gutierrez** for overseeing and spearheading the Health Committee's project of creating brochures assisting non-English speaking women to track their health care services.

KUDOS to Bridget Christensen for spearheading the women's issue resource guide, "Why Women Should Vote!" Approximately 1,000 guides were distributed at colleges, community centers, shopping areas and churches.

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and positive societal changes. Contact Julie McLean (402) 488-3205 to learn more on how you can get involved to make the difference in the big picture!

Or, e-mail to: jmclean01@yahoo.com.



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WomenTalk Presents

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5 City TV Schedul e



Tuesdays, 10 PM Wednesdays, 10:30 PM Fridays, 1:30 PM Sundays, 10 PM

*Programs subject to preempting